

Love All Serve All

LOVE ALL - SERVE ALL

DONATE YOUR EYES TO NATION



Live And Let Live

MAHAVIR VISION

MAHAVIR INTERNATIONAL, DELHI

(A Voluntary Charitable, Non-religious Social Service Organisation)

JUNE 2022

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PHYSICAL, MENTAL AND
SPIRITUAL FITNESS



STRONGER
IMMUNE SYSTEM



IMPROVED
LUNG HEALTH



INCREASED
ENERGY AND VITALITY



CARDIO AND
CIRCULATORY HEALTH



21st JUNE 2022

CELEBRATE

— INTERNATIONAL —
yoga DAY



योग धर्म नहीं विज्ञान है, इसमें शरीर, मन
और आत्मा को जोड़ने का विधान है।



From the desk of Patron, MID & International President M I APEX

**'THE SMALLEST ACT OF KINDNESS IS WORTH MORE THAN THE GRANDEST INTENTION' – OSCAR WILDE**

It is needless to search for God. Verily you are the Divine. Have faith that every human being is an embodiment of the Divine. Love every one. Serve all.

The best way to God is to **'LOVE ALL - SERVE ALL'**

With this mission in mind, Mahavir International Delhi is continuously moving ahead to serve the people with better and enhanced services that reaffirm our commitments to work towards better and affordable health services. Even we served at a time when our country was going through a very pathetic state during the pandemic. The COVID pandemic and the resultant lockdown has indeed adversely affected not only health care of the poorer sections but also facing difficulty in their basic needs including daily nourishment. With some abatement in the spread of the virus, MID took up the challenge, expanded its role with the launch of new projects to reach out to the poorest of poor, jobless and homeless.

- **'सबको भोजन' – providing food packets.**
- **'हर साँस है जरूरी' – providing Oxygen concentrators**
- **'मिशन संजीवनी' – opening vaccination centres to vaccinate the population at large.**

We could achieve milestone in all our endeavours with financing commitments by our esteemed members, their near and dear, well wishers and CSR support from PSE's and Corporates.

I am thankful to our Chairman Sh. K. Narayan who has been instrumental in introducing new PSE's and expanding its role in provisioning of health care services and meals and taking this organization to such great heights during the hard times.

I take this opportunity to extend word of gratitude to all those who have helped us in implementing our projects successfully and making it possible for MID to carry forward our mission of **'LOVE ALL-SERVE ALL'** by providing quality services to more than 51 lac beneficiaries.

Last but not the least I am happy to share with Mahavir International fraternity, Health check-up camps organised by Delhi centre under its project 'Doctor at Door Step' in close cooperation with regional centres is gaining a brand status.

I humbly appeal all to live life more purposefully and meaningfully by realising that each new day of our life is a miraculous gift of nature and is therefore special. For us, everyday should be special, therefore, let us extend our resources, our helping hand to those needy looking at us for help and sympathy.

Let's join hands and bring happiness and light in the lives of those who mostly need it. As **Helen Keeler** has said **"Alone we can do so little, together we can do so much"**

Jai Vir

- S.K. Jain, IPS

From the desk of Former Secretary-Vira Vision



We, humans by nature are very emotional and helpful beings. We cherish to help and provide relief to the less noticed population either by doing on our own or through a social service organization. One such non religious, non profitable charitable organization is Mahavir International Delhi with which I am associated since 1994. MID took upon itself the challenge to specialize in and provide quality Health care & Eye care to the poor and needy strata of society who can ill afford these basic needs.

To actively support the activities of MID which were expanding day by day and to do their bit, like minded Viras of MID formed the Vira Vision Group under the dynamic leadership of Vira Alka Jain our Chairperson. I had the opportunity to serve it as Secretary, which I am proud of. The group was formed to provide relief to the marginalized at the grassroots level. It was initially a small attempt but with the encouraging support and helping hands made it wider and paved the way to take it forward pan India. Our activities included some national projects of MI APEX also. We are serving the poor and needy with our following projects;

- **Covid 19 Relief programme:** under which we distributed food packets during pandemic & its lockdown.
- **Baby Kit distribution** to new born babies at Safdurjung hospital
- **Diaper distribution** for Alzheimer patients
- **'सबको भोजन' – Distribution of meals & ration.'**
- **'सबको कपड़ा' – Distribution of clothes, woollens**
- **Educational help :** Distribution of stationery
- **Hygienic essentials :** Distribution of Sanitary pads and counselling.
- **Health Camps :** Cancer detection camp, Bone Density camp.
- **Financial support to patients** visiting MID centres and cannot afford these tests.

This has been possible with the support from our esteemed Viras who contribute personally from their pockets and their well wishers who are the pillars of our strength. I stand highly indebted to all my Viras who have provided us immense support to serve the humanity at large and I look forward to their liberal and unstinted support in future also to take Vira Vision to much greater heights and bring laurels to MID.

Our commitment to pursue our causes in our charter remains steadfast, and we have to walk many more miles before we sleep and still millions of lives to be touched.

Jai Vir

- Niraj Jain



KNOW YOUR DEDICATED TEAM

I was born on 27 July 1960 in a family steeped in military traditions to a Sikh father and a Christian mother. As a young boy I grew up in cantonments away from the hustle and bustle of cities. Moving from one place to the other every few years meant new schools and new friends. Like most army children I quickly learned to adapt to changing situations and circumstances, qualities which held me in good stead later in life too.

As a child my parents fostered in me and my brothers kindness and compassion for not only other humans but also to animals and mother nature in general. Being honest, frugal, working hard and limiting our wants were also qualities we imbibed. For many years my only ambition was to be a railway engine driver. I still love to watch trains and wonder what life would have been had I become one. But those days one chose the path ordained by ones parents. They wanted me to become a doctor. And after I became one I joined the army. If there was anything else that enamored me besides the railway it was the armed forces. I was in Srinagar during the 1965 war with Pakistan. And in Meerut during the 1971 war. The general feeling among boys my age growing up in Cantts was to grow up and be like our father. I never had any regrets. Life in the army has been one continuous adventure. Sharing hardships and dangers engendered a camaraderie that can never be experienced in any other profession. It crystallized all those qualities that my parents so carefully instilled in us. I learnt to share and place my trust in the man next to me. Learnt that no man is insignificant and that if an objective is to be achieved it will only be through a collective effort.

The sufferings of the sick and wounded affected me. I realized that even though the country had made huge progress in all walks of life in the past few decades a very large section of our population have very poor access to even basic medical care. I resolved that after my military career was over I would strive to work for the under-privileged. And when Ashhok ji offered me to join Mahavir International Delhi in June 2019, it almost seemed heavens were beckoning.

I joined MID in September 2019, a month after I hung my boots. And I can say life has simply not been the same since. The people I sought to serve and the way they ought to be served came together at MID. The honesty of purpose and the philanthropy among the members in general and the management in particular have been a very moving experience. So is the dedication among the staff. The hospitals were shut down during the lock downs at the height of the COVID-19 pandemic. Many among the staff had to be laid off. Those who carried the MID flag during those difficult days did so putting their own lives in great danger. They have my deepest respect. And also when a lot of other people stayed home in fear the members of the management worked hard to provide sustenance to the migrant laborers and raise funds for capacity building so that communities could feel safer. The management has spared no effort to raise funds to provide best available equipment and medicines for the beneficiaries. They are also committed to provide a wholesome working environment for doctors and staff conducive for individual growth and job satisfaction. I have been associated with MID for close to three years and I feel that they really go by the motto "Love all, Serve all".



Brig Dr. R.S. Bhatia
Director Medical

I am Dr. Vandana Kumari, Gynecologist and General physician working at Mahavir International Hauz Rani Centre for last 18 years (Since March 2004).

This is a place where everyone gets respect, care and freedom to work. Thousands of patients are benefitted under various disciplines every year and get personalised care with compassion.

Hauz Rani Centre is very well maintained and known for better treatment and good work. Patient satisfaction is the top priority here. Despite multiple "Mohalla Clinics" and government hospitals nearby, we serve very good number of patients everyday.

Working environment here is completely like a family. Everyone takes others work as his own. Senior management is always very supportive. I must be grateful to Late Kailash Guptaji who inducted me here and was like fatherly figure to me and everyone. Our Patron Mr. S.K. Jain IPS, present Chairman Mr. K. Narayan, Chairman Finance Mr. Ashhok Kumar Jain, Chairperson Vira Vision Vira Alka Jain, Secretary Mr. Arun Jain, Director Medical Brig. R.S. Bhatia & CEO Miss Usha Kapoor are very supportive & full of "सेवा भाव".

All through eighteen years I have noticed that hospital infrastructure, services and facilities are being upgraded with time. Management changes but mission of Mahavir International "सबकी सेवा, सबको प्यार" never changes. All the members here are very dedicated and passionate to serve the humanity and nation. You will rarely find an example of such a teamwork in any other social service organisation.

Personally i can't imagine how time flies since the day i joined in March 2004. This is always a workplace with a difference full of enthusiasm, compassion, dedication & "सेवा भाव". It is a pleasure to work in this organisation. and enabled me to serve the poor & needy. At the end of the day I feel fully satisfied with my services.

I wish Mahavir International will go a long way to serve humanity and nation.



Dr. Vandana Kumari
Gynecologist and
General Physician



महावीर इंटरनेशनल, दिल्ली सेन्टर में गरीबों की होती है सच्ची सेवा



कौशलेन्द्र कुमार
कैम्प इंचार्ज

मैं कौशलेन्द्र कुमार का जन्म स्थान ग्राम-पोस्ट-बड़ारा जिला नालन्दा (बिहार) निवासी हूँ। मैं 1975 में दिल्ली आया और सुप्रीम कोर्ट में प्रिंटिंग का ठेकेदारी किया। 1975 से नवम्बर 1980 तक। उसके बाद दिसम्बर 1980 में जैन विश्व भारती संस्था लाडनू (राजस्थान) में प्रिंटिंग प्रेस में मैनेजर पद पर एवं साहित्य विभाग प्रभारी पद पर सन् 2000 तक कार्य किया। उसके बाद श्री हनुमान मलजी गोलछाजी के साथ 'अमर ज्योति डायरेक्ट्री' में जैन समाज एवं 'अनाज गल्ला' की डायरेक्ट्री का कार्य लगभग 2 वर्ष किया। उसके बाद महावीर इंटरनेशनल दिल्ली में नवम्बर 2022 से राजधानी धर्मार्थ नेत्र एवं चिकित्सा केन्द्र में सुपरवाइजर के पद पर अस्पताल का कार्य एवं अस्पताल का मेंटेनेन्स तथा कैम्प का कार्य भी किया। जब मैं महावीर इंटरनेशनल में आया था उस समय केवल दो अस्पताल ही थे। मेरे कार्य समय में छह अस्पताल एवं तीन सेन्टर भी थे। उस समय ऑपरेशन भी महीने में 150 सर्दी के समय होते थे। महावीर इंटरनेशनल, दिल्ली सेन्टर में गरीबों की सच्ची सेवा एवं मोतियाबिन्द का ऑपरेशन मुफ्त में होता है। यहां पर कार्य करने में मुझे बेहद खुशी मिलती है। मगर कई जगह दिक्कत भी होती है। इसी आशा के साथ जय महावीर!

THANKS & GRATITUDE

MID extends heartfelt gratitude to the following donors for their Philanthropic Gesture to provide AID to the Marginalized Section of the Society During the Month of **May 2022**

FREE OPD

1	SH. K. NARAYAN	- CHAIRMAN, MID	LM-369
2	SH. ASHHOK KUMAR JAIN	- CHAIRMAN FINANCE, MID	LM-066
3	SH. C. M. GARG	- DIRECTOR, MID	LM-037
4	SMT. MEENU JAIN	- MEMBER, MID	LM-155

CATARACT SURGERIES

5.	SMT. SAROJ JAIN	- MEMBER, MID	LM-223
6.	SH. SHAILENDRA PALVIA (USA)	- AQUISTANCE OF SH. K NARAYAN CHAIRMAN, MID	
7.	SH. PRANJAL & MS. MANUSHKA KAPOOR	- NEPHEW & NIECE OF MS. USHA KAPOOR, CEO, MID	
8.	SH. ANANT BIR JOLLY	- UNCLE OF OF MS. USHA KAPOOR, CEO, MID	
9.	SMT. SWATI JAIN	- DAUGHTER OF SMT ALKA JAIN, CHAIRPERSON- VIRA VISION	
10.	BRIG (DR.) RAVINDER SINGH BHATIA,	- DIRECTOR MEDICAL, MID	
11.	SMT. ASHU KATHURIA	- W/O SH. ARVIND KATHURIA, FORMER GM, NBCFDC	
12.	SH. SURENDER NATH JAIN	- MEMBER, MID	LM-006
13.	SMT. RAJ SHARMA	- DIRECTOR, MID	LM-094
14.	SH. RAJINDER SRIMAL	- BROTHER OF VIRA ALKA JAIN CHAIRPERSON, VIRA VISION	

DONATION FOR EYE & HEALTH CAMPS

15.	SAFEXPRESS PVT LTD.	- SH. RUBAL JAIN, MANAGING DIRECTOR	
16.	VIBES HEALTHCARE PVT LTD.	- SH. NITIN JAIN, JT. MANAGING DIRECTOR	LM-363

सबको भोजन

17.	SMT. MEENU JAIN	- MEMBER, MID	LM-155
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THANK YOU SO MUCH EVERYONE

COHESIVE INTERFACE



Felicitating of Sh. R K Jain, Director (Finance), GAIL by
Sh. Ashhok Kumar Jain, Chairman Finance, MID



Sh. Ashhok Kumar Jain, Chairman Finance, MID congratulating
Sh. Vishesh Ravi MLA, Karol Bagh Constituency, New Delhi on his birthday on 19th May, 2022.



PERFORMANCE REPORT

During the month of **May, 2022** free medical treatment in different disciplines was provided to **14,962** persons at our three Hospitals and camps.

- (I) Rajdhani Charitable Eye & Medical Centre, Nabi Karim..... (RAJDHANI)
(II) Lala Aman Singh Jain Charitable Eye Research & Medical Centre, Hauz Rani..... (AMAN SINGH)
(III) Kishwana Charitable Eye & Medical Centre, Badarpur..... (KISHWARNA)

The break-up is as under:-

DISCIPLINE	Rajdhani	Aman Singh	Kishwana	Vira Vision & Camps	Total May 2022	CUMULATIVE 2021-22	INCEPTION UPTO 31.05.2022
EYE	1,553	1,388	1,862		4,803	9,670	12,73,670
GYNAE/MEDICINE	106	387	226		719	1,721	12,08,519
HOMEOPATHY	-	87	-		87	191	1,59,366
AYURVEDA	54	133	395		582	1,092	1,63,484
ENT	-	-	-		0	-	1,43,316
PHYSIOTHERAPY	269	259	312		840	1,769	2,17,136
PMT	750	776	613		2,139	4,313	3,98,833
OPERATIONS PERFORMED	31	33	32		96	241	29,451
PATIENT EXAMINED AT CAMPS	-	-	-		4,556	10,427	13,31,896
VACCINATION	30	-	20		50	260	16,850
PATH LAB	295	167	121		583	1,295	67,982
X-RAY	-	-	-		0	-	3,873
MRI SCAN	-	222	-		222	407	25,814
CT SCAN	-	101	-		101	236	10,581
O.C.T/ RETINA	-	34	-		34	42	349
FUNDUS PHOTOS/RETINA	-	-	-		0	-	1,349
CORNEA TRANSPLANT	-	-	-		0	-	5
सबको भोजन	-	-	-	150	150	902	46,454
OTHERS					0	-	41,860
TOTAL	3,088	3,587	3,581	150	14,962	32,566	51,40,788
CAMPS ORGANIZED	-	-	-	-	13	29	3,187
EYES PLEDGED	-	-	-	-	-	2	34,138
EYE DONATION	-	-	-	-	4	6	282



MAGNANIMOUS GESTURES

In the month of MAY 2022, following persons sponsored Cataract Surgery/ Free OPD/ 'सबको भोजन' on BIRTHDAY/ SPECIAL OCCASION of their loved ones.

S.No.	SPONSORED BY	REFERENCE	PROJECT	OCCASION
1.	Smt. Sandhya Jain & Sh. Pawan Jain	Patron MID LM-053	FREE OPD & CATARACT SURGERIES	On Birthday of their Grand Daughter Noor on 1st May 2022
2.	Sh. Rahul & Smt. Pooja Jaina	Cousin of our Director Smt. Urvashi Jain LM-302	CATARACT SURGERIES	In fond Memory of their Grand Father Sh. Tek Chand Jaina & Grand Mother Smt. M. Jaina
3.	Sh. Rajinder Shrimal Jaipur	Brother of Vira Alka Jain, Chairperson Vira Vision	CATARACT SURGERIES	In fond Memory of his Mother Late Smt. Daulat Bai on 7th May 2022
4.	Smt. Raj Sharma,	Director MID LM-094	CATARACT SURGERIES	On her Birthday on 6th May 2022
5.	Sh. Devansh Bilala	Son of Smt. Vanita Bilala LM-202	CATARACT SURGERIES	On Birthday of his Mother Smt. Vanita Bilala on 1st May 2022
6.	Smt. Ashu Kathuria & Sh. Arvind Kathuria	W/o Sh. Arvind Kathuria, Former GM NBCFDC	CATARACT SURGERIES	On their Anniversary on 7th May 2022
7.	Sh. Agam Jain	Son-in-law of Smt. Anu Jain Vice-Chairperson MID	CATARACT SURGERIES	On his Birthday on 10th May 2022
8.	Sh. Surendra Nath Jain & Smt. Santosh Jain	LM-006	CATARACT SURGERIES	On their Anniversary on 11th May 2022
9.	Sh. C.M. Garg & Smt. Kamlesh Garg	Director, LM-037	FREE OPD	On their Anniversary on 15th May 2022
10.	Smt. Meenu Jain	LM-155	FREE OPD	In fond Memory on Death Anniversary of her Husband Late Sh. Mahesh Jain, our Director on 22nd May 2022
11.	Sh. Arvind Kr. Jain & Smt. Madhu Jain	LM-326	CATARACT SURGERIES	On their Anniversary on 17th May 2022
12.	Smt. Stuti Jain	Niece of Smt. Alka Jain, LM-147	CATARACT SURGERIES	On her Birthday on 28th May 2022
13.	Smt. Barkha Godha	Daughter-in-law of Sister of Vira Alka Jain	CATARACT SURGERIES	On her Birthday on 31st May 2022
14.	Sh. Naveen Jain	LM-354	FREE OPD	On first Marriage Anniversary of his daughter Nimisha & Son-in-law Ashish on 6th July 2022

APPEAL - Make a Donation to MID In Honor of someone to celebrate a Birthday/Wedding Anniversary/Memory or any other Special Occasion.



IN LOVE OF LABOUR

Labour, an activity when the body listens to the mind,
Energy filled synergy in which happiness one does find

Labour, the sweat drops from the farmer's brows
They too must be playing a part in wetting the earth he ploughs

Labour, the soaked torn vest of the old rickshaw puller,
As he ports the steel rods to erect a beautiful mansion's pillar

Labour, the army man's rescue act in deluge carrying the old lady, restoring order,
Methinks he may find it more fulfilling than shooting at unknown across the border

Labour, the painful push of the mother to bring into world her darling son,
Thus in joy she can see a throbbing life, which until now was with her as one

Labour, the racking of a student's brain to cram a formula, crack a numerical,
An engrossing act insulating the aspiring engineer as though she's in a shell

Labour, the riyaz of the musician, practice of steps before the dance,
Under whose sway the performer and her audience enter a blissful trance

Labour, the aching limbs of the half-marathoner limping the second last mile,
The pain, which vanishes on sight of finish line, as he romps home in style

Labour - a rigorous toil, which many a smart brain will happily avoid,
But for one savouring the act and its results, whose absence will mean a void

A salute to all labourers who enriched my life, so too hopefully their own,
A blessed lot they indeed are - little time they found to groan & mourn

Happy Labour Day!



Sh. K. Narayan
Chairman, MID



**Love and kindness
are never wasted.**

*The always make a
difference. They Bless
the one who receives
them, and they Bless you,
THE GIVER*



FREE OPD

Mahavir International Delhi organized 3 Free OPDs during the month of May 2022. 604 were benefitted with Free check ups and Free Medicines.

1. Sponsored by : Sh. Mukund Kumar Sinha & Sh. K. Narayan, Chairman MID in fond memory of their dear friend Late Sh. K. Madhav

CENTRE : Rajdhani Charitable Eye And Medical Centre, Nabi Karim, on 4th May 2022

Attended by : S/Sh. K. Narayan Chairman, Ashhok Kumar Jain Chairman Finance, Arun Jain Secretary, Vinay Jain Member, Brig. (Dr.) R.S. Bhatia Director Medical & Ms. Usha Kapoor CEO MID

Total OPD : 176

Eye Checkup : 135

Physiotherapy : 15

Lab.Tests : 26



2. Sponsored by : Alankar Foundation in fond memory of Founder of Alankar Foundation on his 99th Birth Anniversary.

CENTRE : Kishwana Charitable Eye & Medical Centre, Badarpur on 6th May 2022

Total OPD : 224 **Eye Checkup** : 127 **General Checkup** : 127 **Physiotherapy** : 17 **Ayurveda** : 34 **Lab Test** : 00



3. Sponsored by : Mrs. Meenu Jain (LM- 155) in fond memory on death anniversary of her husband Late Sh. Mahesh Jain, our Director on 22th May, 2022

CENTRE : Lala Aman Singh Jain Charitable Eye Research & Medical Center, Hauz Rani, on 23rd May 2022

Total OPD : 204 Eye Checkup : 85 General Checkup : 44 Physiotherapy : 07 ECG : 07 Lab Test : 61



काफी गहरा है योग का अर्थ जरूर जान लें ये 8 चरण

21 जून को अंतर्राष्ट्रीय योग दिवस के रूप में मनाया जाता है। योग को अपना मानने में हम भारतीय सबसे आगे रहते हैं और होना भी चाहिए। मगर समस्या यह है कि योग हमारा होने के बावजूद हम योग को बहुत कम जानते हैं। जैसे ही योग के बारे में बात आती है, तो हम तुरंत योगासनों की बात करने लगते हैं। लेकिन आसन योग का सिर्फ एक हिस्सा है, योग के कुल 8 चरण होते हैं। जिनके बारे में जानना बहुत जरूरी है। आइए इस आर्टिकल में योग के 8 चरणों के बारे में जानते हैं।

योग के 8 चरण कौन-से हैं?

संत पतंजलि को योग गुरु में सर्वोत्तम स्थान दिया जाता है। उन्होंने ही योग के 8 चरणों के बारे में जानकारी दी है, जो अंतरात्मा को खोजने में मदद करते हैं।

1. **योग का पहला चरण** या अंग यम होता है। जिसे नैतिकता का पाठ माना जाता है। यह योगी के आचरण व व्यवहार को निर्देशित करता है। यम के भी 5 प्रकार होते हैं, जैसे अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य और अपरिग्रह।
2. **योग का दूसरा चरण** नियम होता है। जो कि व्यक्तिगत होता है। यह हर किसी योगी के लिए भिन्न हो सकता है। इसके भी पांच प्रकार होते हैं, जैसे शौच, संतोष, तप, स्वाध्याय और ईश्वर प्रणिधान।
3. **योग का तीसरा चरण** आसन होता है, जिसे योगासन भी कहा जाता है। योगासन आपके शरीर को टोन करने और अशुद्धियों को बाहर निकालकर शुद्ध करने में मदद करता है।
4. **योग का चौथा चरण** प्राणायाम है, जिसे शारीरिक ऊर्जा पर नियंत्रण माना जाता है। प्राण हमें शारीरिक और मानसिक दोनों स्तरों पर बांधता है, उसके वेग को अबाधित और नियंत्रित करने के लिए प्राणायाम मदद करता है।
5. **प्रत्याहार को योग का पांचवा चरण** कहा जाता है। जिसका मतलब है कि हमें अपनी इंद्रियों को नियंत्रित करके मगन रहना है। योग कहता है कि इंद्रियां बेकाबू होने से हमारी ऊर्जा बेकार जाती है।
6. **योग के छठे चरण** को धारणा यानी चित्त या मन को स्थिर करना है। इसके कई तरीके हो सकते हैं, जैसे सांसों के द्वारा मन एकाग्र करना या फिर किसी ज्योति या बिंदु के द्वारा विचारों की बाढ़ को नियंत्रित करना।
7. **योग का सातवां चरण** ध्यान है, जब योगी धारणा को लगातार बनाए रखने में सक्षम होता है, तो वह ध्यान की स्थिति में पहुंच जाता है। आप जिसे ध्यान समझकर करने लगते हैं, वह सिर्फ धारणा है। ध्यान की स्थिति में हम शून्यता की तरफ जाते हैं।
8. **योग का आखिरी और आठवां चरण** समाधि है, जिसे अंतरात्मा का मिलन भी कहते हैं। संत पतंजलि के मुताबिक समाधि शब्द समता से आया है। जो कि जीवात्मा और परमात्मा के मिलन से पैदा हुई स्थिति है।

संकलनकर्ता : अनुपम शर्मा, (LM-386)



GLIMPSES OF CAMPS

During the month of May, MID organized a total of 13 Free Eye & Health checkup camps (05 Mini Camp, 06 Eye & Health checkup camps in Delhi NCR, and 02 Outstation Camps). A total of 4556 persons were benefited.

SPONSORED BY :  **NMDFC**
(Eye & Health check up)

1. A- 49, 50 Dilshad Extn-II, Shahadra, Delhi

Date : 1st May, 2022

Beneficiaries: 392

Cataract : 05

Camp Coordinator : Sh. Sanjay Karotiya President Bharat Samman Federation



Checking of Vision



Consultation with Doctor



Free medicine distribution



Checking of RBS

SPONSORED BY :  **RITES**
(Eye & Health check up)

2. Government School, Village Khor Basai, District Nuh (Haryana)

Date : 5th May, 2022

Beneficiaries : 369

Cataract : 02

VIP : Sh. Brahm Prakash, Principal of Govt School

Camp Coordinator : Sh. Vakil Ahmad



Counselling to Patient by the Doctor



Team MID at the camp site



Blood Sugar testing of the patient



Consultation with Doctor

3. Government Sr. Secondary School, Village Abhyar, Post Damdama, Thesil Sohna, Gurugram

Date : 8th May, 2022

VIP : Capt. Krishan Sharma, Mahesh Khatana

Beneficiaries: 509

Cataract : 10



Distribution of Medicine



Honor of VIP



Checking of Eyes through AR



Examination of patient BP & Prescription by the Doctor

Mahavir International Delhi is highly indebted to MI West Zone & MI Mumbai for the support extended in successful culmination of the camps being organized by them. MID is proud of our MI family who always stands shoulder to shoulder to achieve the goal.

SPONSORED BY :  **CONCOR AIR LTD.**
(Eye & Health check up)

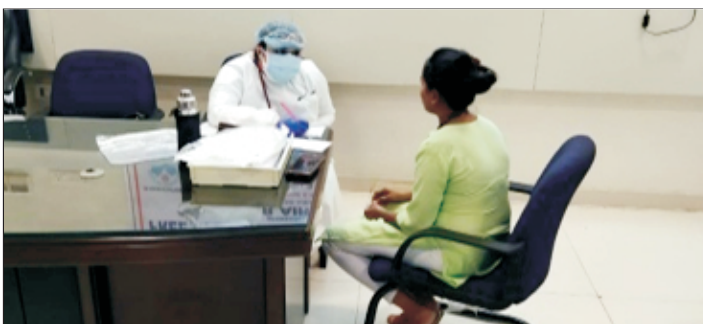
4. Santacruz Air Cargo Terminal off. Western Express Highway, Vile Parle East, Mumbai-400099

Date : 18th May, 2022

Beneficiaries : 535

Cataract : Nil

VIP : Smt. Suman Jain, Zone Chairperson MI West Zone, Sh. Parasmal Golecha, Chairman, Sh. Rikhab Chand Bothra Vice-Chairman, Sh. Navratan Parakh Secretary, MI Mumbai, Sh. Tarun Goyal, Terminal Manager, CAL & Brig. (Dr.) R.S. Bhatia Director Medical MID



Consultation with Doctor



Team, CONCOR AIR, MID, Mahavir International West Zone & Mumbai



Examination of Ear & Counselling



Checking of BP & RBS



5. Santacruz Air Cargo Terminal off. Western Express Highway, Vile Parle East, Mumbai-400099

Date : 30th May, 2022

Beneficiaries : 600

Cataract : Nil

VIP : Sh. Tarun Goyal, Deputy Manager, CONCOR Air Terminal.

Smt. Suman Jain, Zone Chairperson, Smt. Jyoti Malhotra, Zone Secretary, West Zone, S/Sh. Parasmal Golecha, Chairman, Rikhab Chand Bothra, Vice Chairman, Navratan Parakh Secretary, Ashok Mehta, Former Chairman, Smt. Jasmin Bhatia, Member Mahavir International Mumbai, Sh. Sunil Jain Khabiya, Coordinator, Andheri West Assembly.



Checking of Blood Pressure



Patients waiting for Registration



Examination of Eye



Team, CONCOR AIR, MID, Mahavir International West Zone & Mumbai

**SPONSORED BY : MANAV KALYAN FOUNDATION
(Eye & Health check up)**

6. Manav Mandir Gurukul, Kh-57, Manav Mandir Mission Trust, Acharya Roopchandra Lane, Behind Indian Oil Petrol Pump, Block-A, Ganga Vihar, Sarai Kale Khan, New Delhi 110013

Date : 1st May, 2022

Beneficiaries : 598

Cataract : 06

VIP : Chief Guest Ms. Sadhvi Samta Shreeji & Sh. J. M. Doogar elder brother of Late Sh..M.K.Doogar & Smt. Rekha Doogar, Sponsor



Distribution of specs



Examination & Prescription to Patient



Felicitation of Ms. Sadhvi Samta Shreeji



ECG in progress

**SPONSORED BY : Esteemed Director MID
(Eye & Health check up)**

7. SPYM Night Shelter Munirka New Delhi
Date : 7th May, 2022
Camp Coordinator : Sh. Jai Kumar

Beneficiaries : 79

Cataract : 01



Testing of Eyes through AR



Consultation with Doctor



Registration of Patients



Checking of BP

8. SPYM Night Shelter Fatehpuri Old Delhi
Date : 8th May, 2022
Camp Coordinator : Sh. Birjesh Kumar

Beneficiaries : 93

Cataract : 01



Distribution of Specs & Medicine



Doctor Writing Prescription



Registration of Patients



Testing of Refraction

9. SPYM Night Shelter Bangla Saheb, NDMC Park, New Delhi
Date : 9th May, 2022
Camp Coordinator : Sh. Manjeet Singh

Beneficiaries : 123

Cataract : 03



Checking of Near Vision



Checking of Refraction through AR Machine



Checking of BP



Examination of Patient

10. SPYM Night Shelter Asaf Ali Road New Delhi
Date : 10th May, 2022
Camp Coordinator : Sh. Anil Kumar Sharma

Beneficiaries : 129

Cataract : 01



Team Mahavir International Delhi



Checking of Eyes



Checking of BP



Distribution of Medicine & Spec

11. SPYM Night Shelter Sarai Kale Khan New Delhi
Date : 11th May, 2022
Camp Coordinator : Sh. Shree Ram

Beneficiaries : 134

Cataract : 02



Checking of BP



Checking of Near Vision



Counselling to Patient by the Doctor



Medicine Distributed

**SPONSORED BY : SH. ANISH JAIN & FAMILY
(Eye & Health check up)**

12. E-170, Shanti Marg, Near Ambedkar Park, West Vinod Nagar, Delhi

Date : 15th May, 2022

Beneficiaries : 589

Cataract : 04

VIP : Sh. Shyam Sunder Aggarwal, Mayor of East Delhi, Mr. Vijay Jain Father & Mrs. Veena Jain mother of our camp Sponsor Sh. Anish Jain, Mr. Ravi Negi, Ex. Candidate of Vidhanshaba of West Vinod Nagar (Preet Vihar), Sh. Tej Pal Singh Ex. Councillor, Mandawali. Mrs. Sharmeela Singh Facilitator and Sh. Raakesh Solanki Sr. EO Vibes Health Care Ltd.



Checking of Near Vision



Felicitation of VIP



Screening of Eye



Consultation with Doctor

**SPONSORED BY : Sh. Raj Jain (USA)
(Eye & Health check up)**

13. Chandragiri Vatika, Jain Mandir Dehra, Tijara, Alwar (Raj)

Date : 22nd May, 2022

Beneficiaries : 406

Cataract : 06

VIP : Sh. Ashhok Kumar Jain, Chairman Finance, Sh. Arun Kumar Jain Secretary, Smt. Sarita Jain, w/o Sh. Arun Kr. Jain, Secretary MID., Sh. Mukesh Chand Jain President, Sh. Anil Kumar Jain Secretary, Sh. Jivandhar Jain Treasurer. Shree 1008 Chanderprabhu Digamber Jain Mandir Atishay Chetra Dehra, Tizara (Alwar-Rajasthan)



Felicitation of VIP by our Secretary Sh. Arun Jain



Examination of Eye



Team Mahavir International with Our Chairman Finance Sh. Ashhok Kumar Jain



Distribution of Medicine and Specs

VIRA VISION ACTIVITY

During the month of **May 2022**, Vira Vision - a unit of Delhi Center served special meal to **150** Alzheimer patients of Guru Vishram Vrid Ashram, Gautampuri, New Delhi on 22nd May 2022 sponsored by Vira Meenu Jain, LM-155 in fond memory on death anniversary of her husband Late Sh. Mahesh Jain, our Director.



VIRA VISION GROUP MEETING

A Virtual meetings of Viras of Vira Vision was convened on the 26th of May 2022 at 11:30 a.m. Members participated with enthusiasm.

Meetings started with the recital of Prayer "**Meri Bhawna**".

The following the points were deliberated:

1. Vira Roopa Narayan was appointed as Secretary and Vira Seema Jain as Joint secretary with unanimous consent.
2. New Member, Vira Sangeeta Jaiya was warmly welcomed by all.
3. Sewing classes and beautician classes to be organized and conducted at Hauz Rani center, on alternate days with the following arrangements:
 - Sewing machines to be arranged/ procured .
 - Talks are on with USHA& Co. to provide a trainer.
 - For the beautician course, discussion is ongoing with VLCC to provide staff to train the prospective students for a certificate course.
 - Pamphlet to be distributed for publicity of the courses at Hauz Rani
 - Nominal charges to be collected from the students who will join the course.
4. It was proposed to hold "**Khushiyaon Ka Bazaar**" at Rajdhani hospital, Nabi Karim to distribute clothes at a token price of rs. 10/ piece.
5. Vira Alkaji conveyed distribution of 1000 baby kits in a village.
6. Distribution of toys and clothes for children, in an organized way to needy children, including the Gunjan foundation, SPYM shelters and other Jhuggis/slums or places where members can suggest distribution.
7. Vira Anuji requested for members' voluntary physical presence wherever possible to accomplish the above tasks successfully.

Meeting ended with a Vote of thanks by the Chairperson.



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मिशन संजीवनी



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Tribute



SH. SURAJ KISHORE JAIN
(06.12.1932 – 18.05.2022)

Mahavir International Delhi expresses its deep anguish and sorrow at the bereavement of Sh. Suraj Kishore Jain, father of our Director Sh. J. K. Jain, [LM-198]. Late Sh. Suraj Kishore Jain was a very simple man with a deep sense of commitment, personal initiative coupled with unmatched integrity which had earned him and his whole family unabashed respect. The family is a living example of value based life totally bestowed to humane, social charitable and benevolent cause, the traits inherited by his son Sh. J. K. Jain by donating the eyes of their father. MID is grateful to the family for their courage and kind gesture.

We extend our deepest condolences to the bereaved family and pray Almighty to afford them courage and strength to sustain this irreparable loss and pray for peace of the noble soul.

EYE DONATION

With the inspiration of the pragmatic and forward looking motivators/ members as named in the first column supported by the willingness of the family to let their donor (detailed in the second column) deceased parents/ spouse live in and continue to see this world, even after their death, through the eyes donated to double number of blinds make them remembered for the years to come.

INSPIRATION	DONOR	ADDRESS	FATHER/ MOTHER OF	DONATED DATE	NAME OF THE HOSPITAL
Sh. R.C. Luthra, Director MID (LM-160)	Late Sh. Darshan Lal Ahuja, 55 years	527/B-2, Gali No 2, Vishwas Nagar, Shahdara	H/O Smt. Lalita Ahuja 9654830811	13th May 2022	Shroff Eye Bank
Sh. R.C. Luthra, Director MID (LM-160)	Late Smt. Jai Rani Baweja, 84 years	173-A, H.S. Block, Bhola Nath Nagar, Shahdara	F/O Sh. Anshul Kohli 9811565697 & 9873566671	14th May 2022	Shroff Eye Bank
Sh. J.K. Jain, Director MID (LM-198)	Late Sh. Suraj Kishore Jain	116, Jamna Apts., Sector 9, Rohini, Delhi-110085	F/O Sh. J.K. Jain, Director MID (LM-198) 9810163024	18th May 2022	Shroff Eye Bank
Sh. R.C. Luthra, Director MID (LM-160)	Late Sh. Harsh Kumar Makkar 67 years	KJ 66, Kavi Nagar, Ghaziabad	----- ----- -----	29th May 2022	Shroff Eye Bank

UPCOMING
EVENT **2022**

44th

**FOUNDATION
DAY**

CELEBRATIONS

on Sunday, 3rd July 2022

*Please keep the above date free
from your busy schedule to attend
the function with family to make it
a grand success.*



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